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1. A method, comprising:
 - playing a video on a video input device;
 - receiving an activate signal;
 - digitizing and storing at least a portion of said video;
 - receiving a deactivate signal;
 - compressing said at least a portion of said video;
 - storing said at least a portion of said video;
 - launching an e-mail application; and
 - attaching said at least a portion of said video to an e-mail message.
2. A method in accordance with claim 1, wherein said compressing further comprises a user selecting a compression method.
3. A method in accordance with claim 1, wherein said receiving a deactivate signal is responsive to a timeout of a timer.
4. A telecommunications device, comprising:
 - a video input device for generating video images;
 - a monitor for displaying said video images; and
 - a Web Access device including an e-mail module, said Web Access device adapted to receive video images from said video input device and automatically attached said video images to an e-mail responsive to a video e-mail command signal.
5. A telecommunications device in accordance with claim 4, said video e-mail command signal comprising a signal from a switch associated with said video input device.
6. A telecommunications device in accordance with claim 4, said

2 video e-mail command signal comprising a signal from a remote control
3 switch associated with said video input device.

1 7. A telecommunications device in accordance with claim 4, said
2 video e-mail command signal comprising a signal from a graphical user
3 interface.

1 8. A telecommunications device according to claim 4, wherein said
2 monitor is a television screen.

1 9. A telecommunications device according to claim 8, wherein said
2 Web Access Device comprises a personal computer.

1 10. A method, comprising:
2 providing a video input device for generating video images;
3 providing a monitor for displaying said video images; and
4 providing a Web Access device including an e-mail module, said Web
5 Access device adapted to receive video images from said video input device
6 and automatically attached said video images to an e-mail responsive to a
7 video e-mail command signal.

1 11. A method in accordance with claim 10, said video e-mail
2 command signal comprising a signal from a switch associated with said video
3 input device.

1 12. A method in accordance with claim 10, said video e-mail
2 command signal comprising a signal from a remote control.

13. A telecommunications device in accordance with claim 10, said
video e-mail command signal comprising a signal from a button associated

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5 with a graphical user interface.

1 14. A method in accordance with claim 10, wherein said monitor is a
2 television screen.

1 15. A method in accordance with claim 10, wherein said Web
2 Access Device comprises a personal computer.

1 16. A telecommunications system, comprising:
2 a local area network; and
3 a video e-mail system coupled to said local area network, the video e-
4 mail system including:
5 a video input device for generating video images;
6 a monitor for displaying said video images; and
7 a Web Access device including an e-mail module, said Web
8 Access device adapted to receive video images from said video input
9 device and automatically attached said video images to an e-mail
10 responsive to a video e-mail command signal.

1 17. A telecommunications device in accordance with claim 16,
2 wherein said e-mail comprises an e-mail for another entity on said LAN.

1 18. A telecommunications device in accordance with claim 16,
2 wherein said e-mail comprises an e-mail for an entity external said LAN.